

UIAA Lifelong Learning Series

The Plugged-In Life of Teens and Tweens: What's the Impact

Presented by:

Marcus Barlow

Program Coordinator at Child Health Specialty Clinics

Thank you for joining us tonight.

We will begin the discussion at 6:30 p.m.



The Plugged-In Life of Teens and Tweens:

Social Media and its Impact on Adolescent Health and Well-Being

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Program Coordinator, UI - Child Health Specialty Clinics

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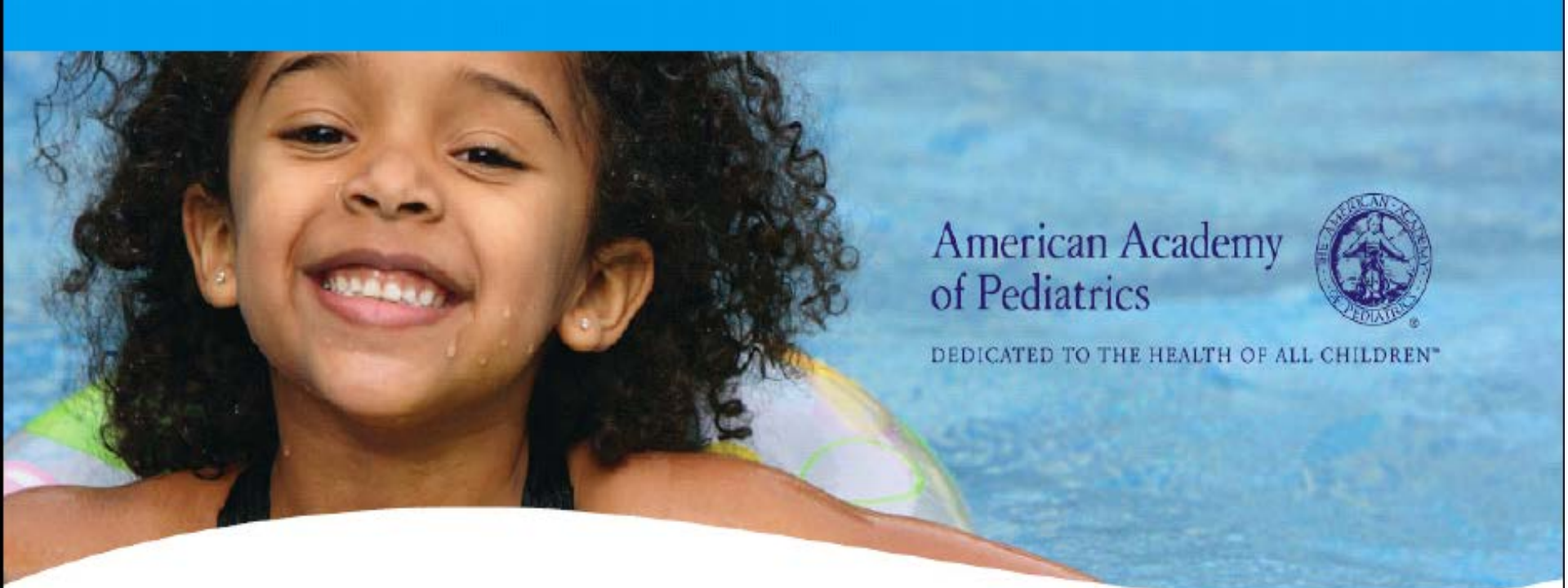


Presenter Disclosure

“I have nothing to disclose
that would create a
conflict of interest.”

Educational Objectives

- Discuss the health, mental health, and general impact of adolescent social media use on their overall wellness and development, including research and policy statements by the American Academy of Pediatrics.
- List and describe new technologies and social media sites used by adolescents, including the risks and benefits of each.



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Media Usage: An Overview

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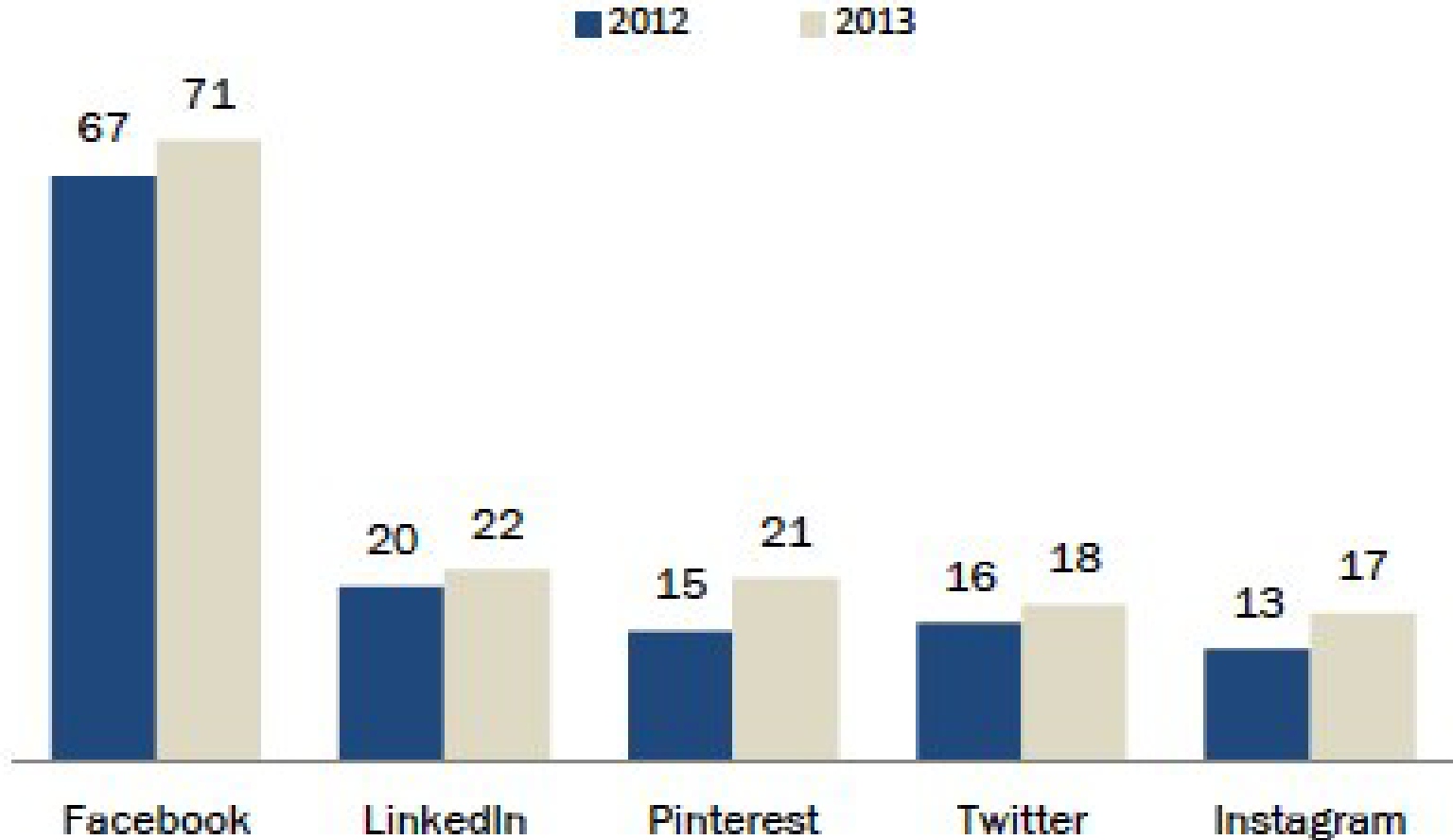
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Adult Use by Platform

% of online adults who use the following social media websites, by year

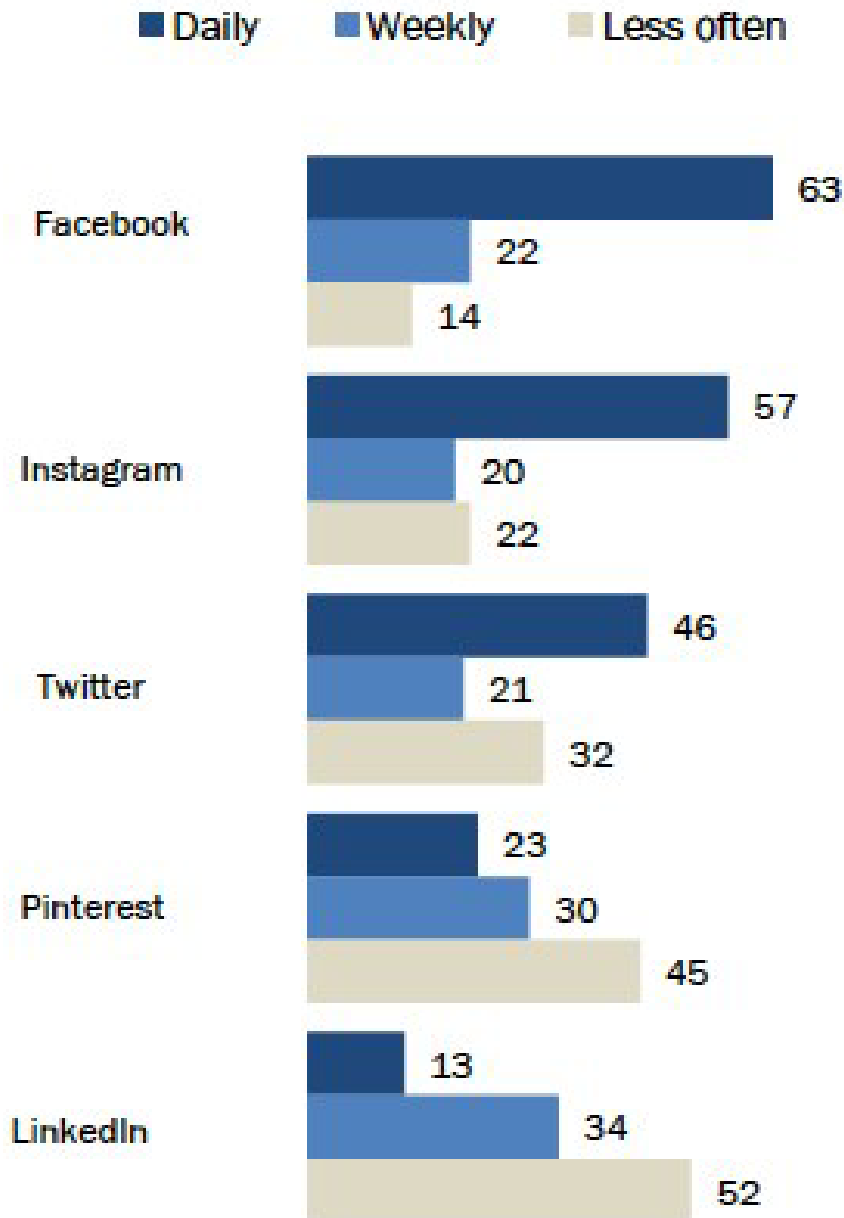


Source: Pew Research, Social Media Update 2013

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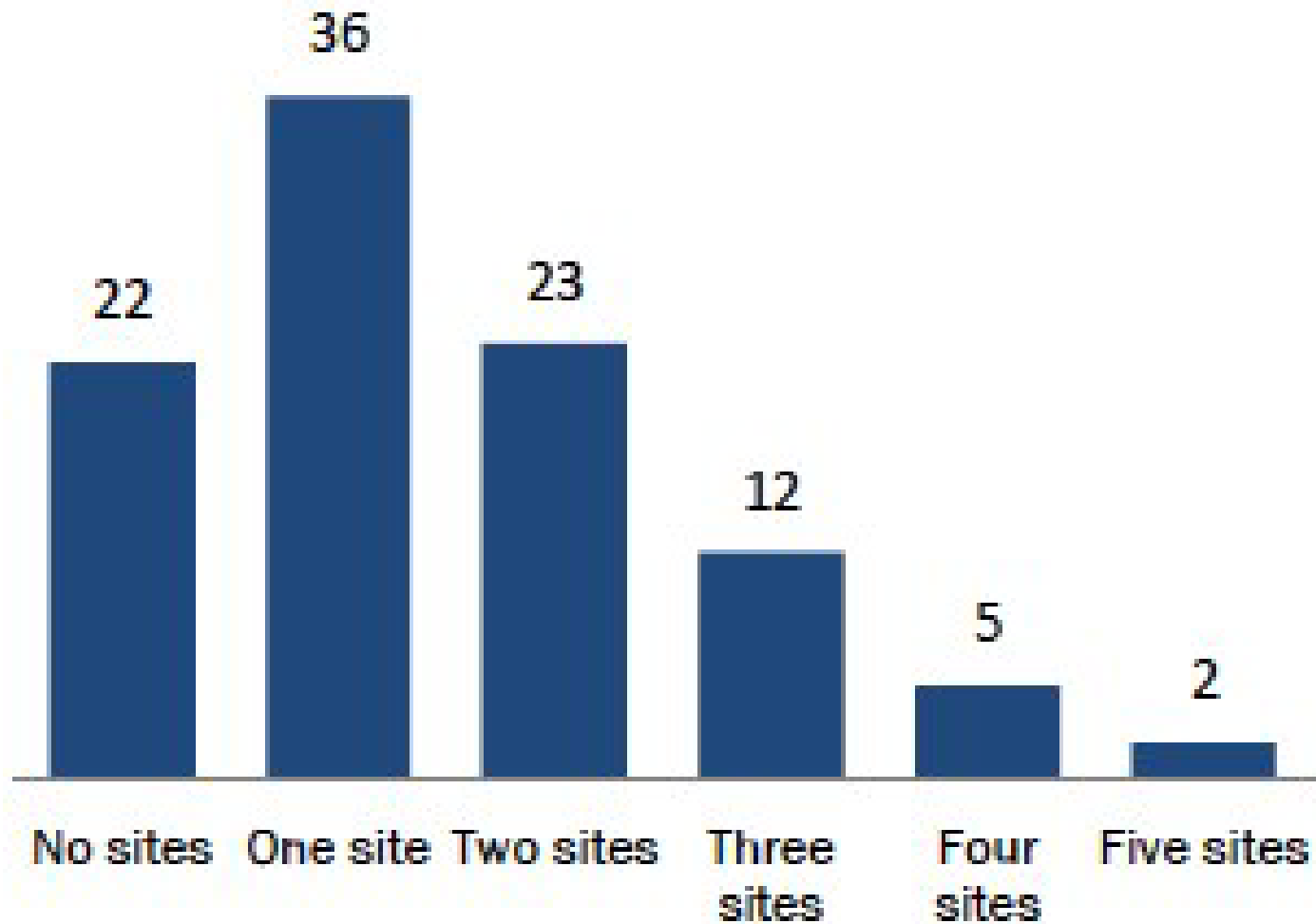


Adult Use by Platform



Source: Pew Research, Social Media Update 2013

Number of Platforms Used

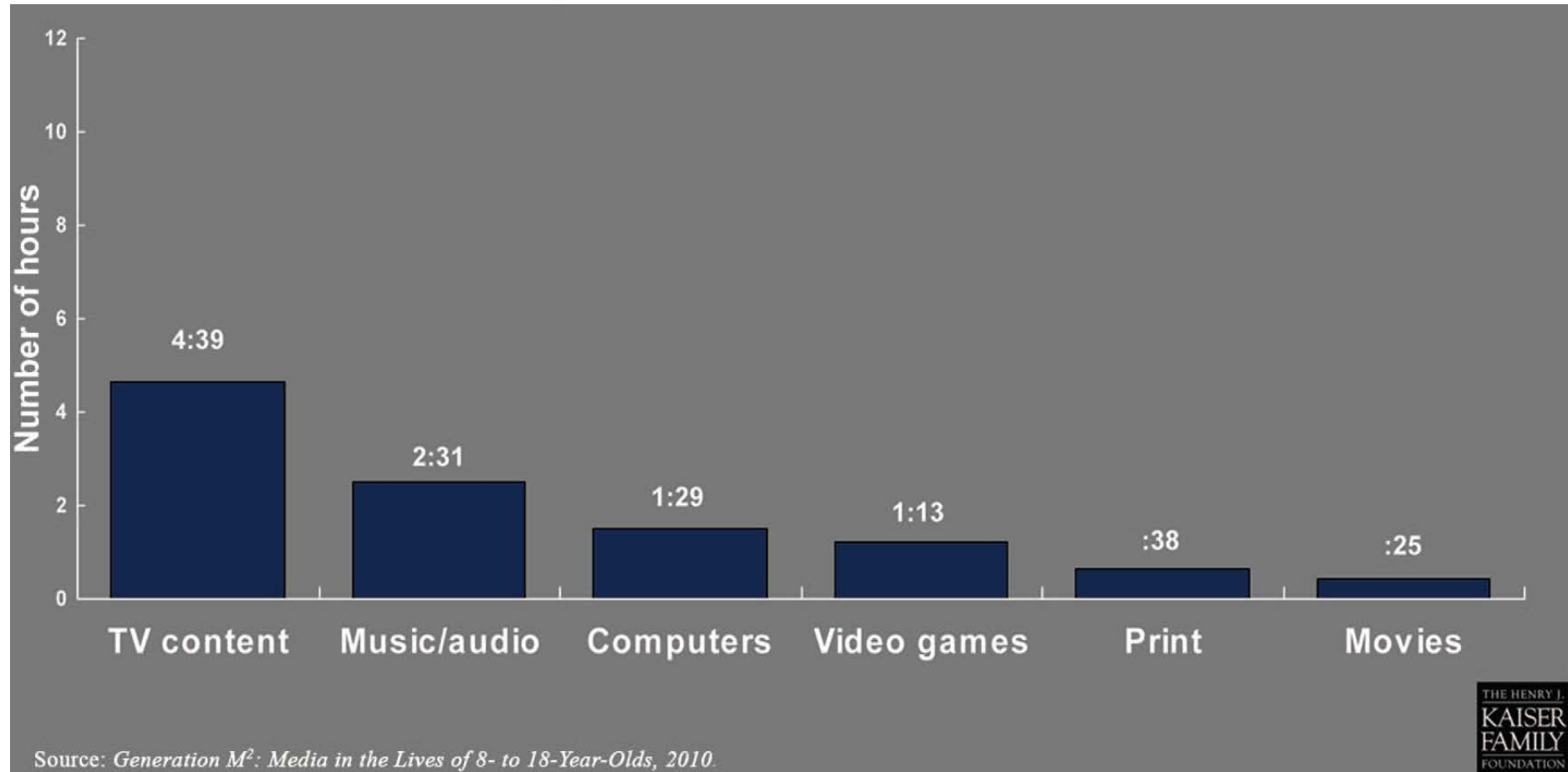


Source: Pew Research, Social Media Update 2013

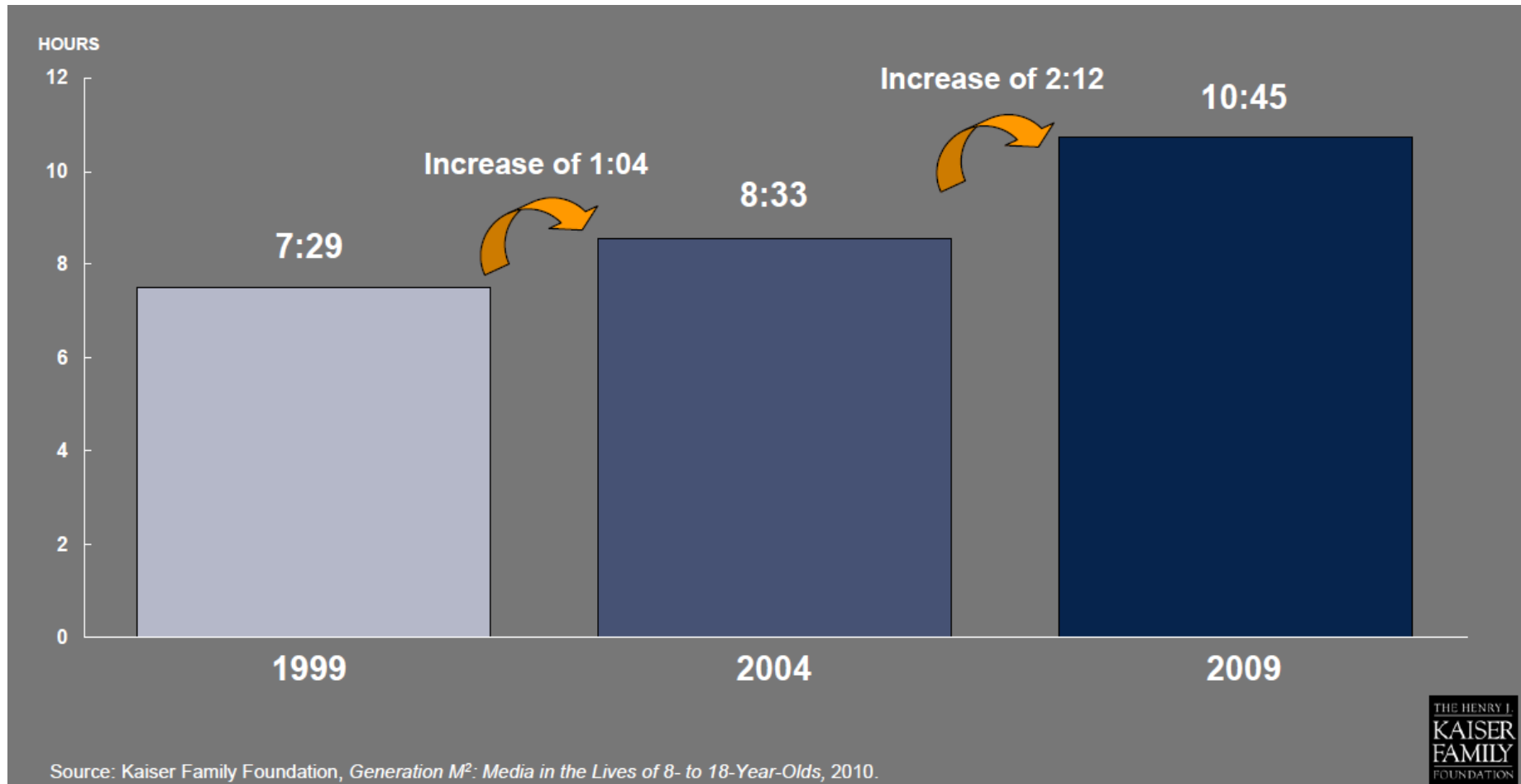
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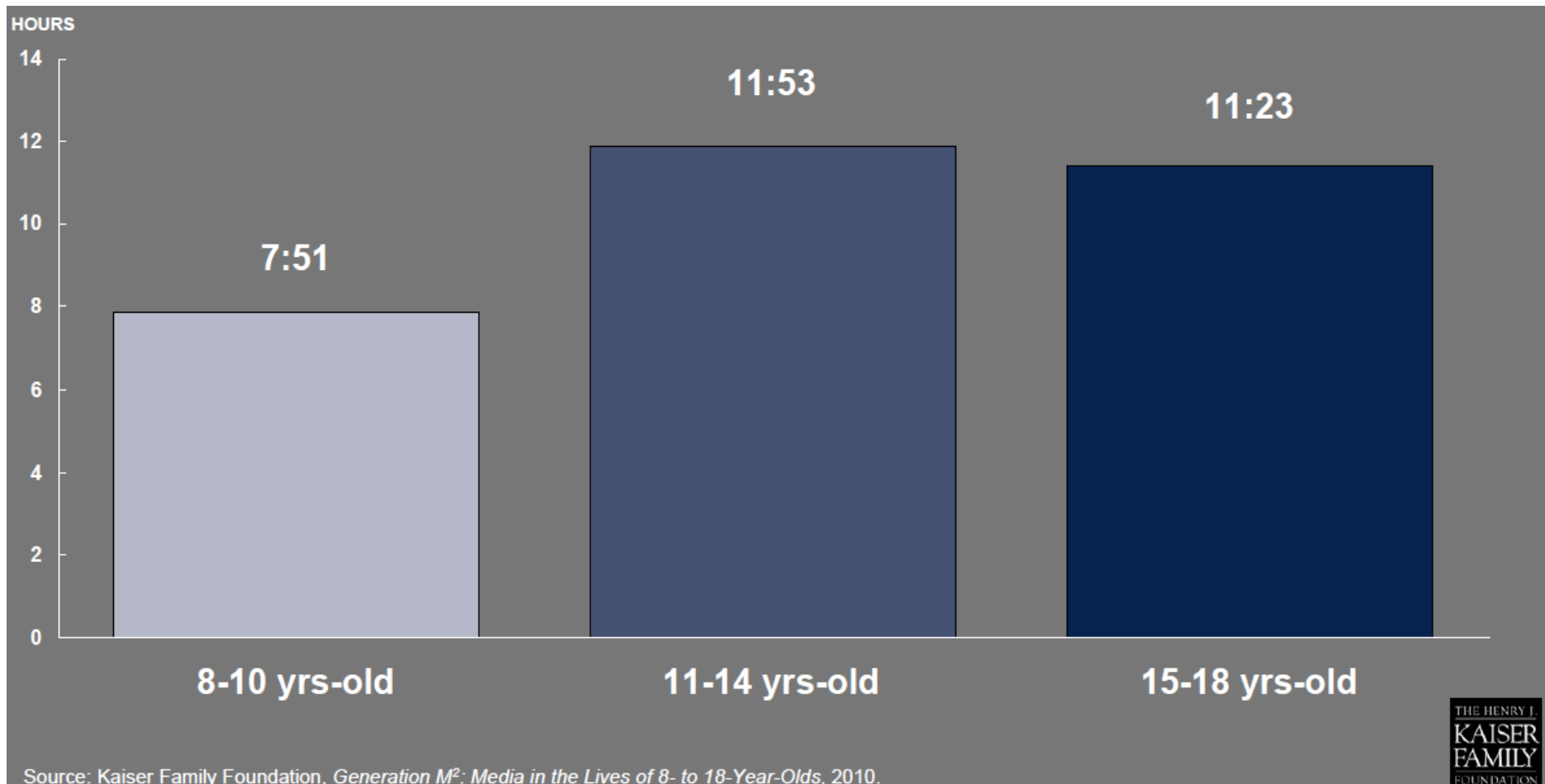
Usage by Medium (8-18 y.o)



Media Exposure over Time



Media Exposure by Age



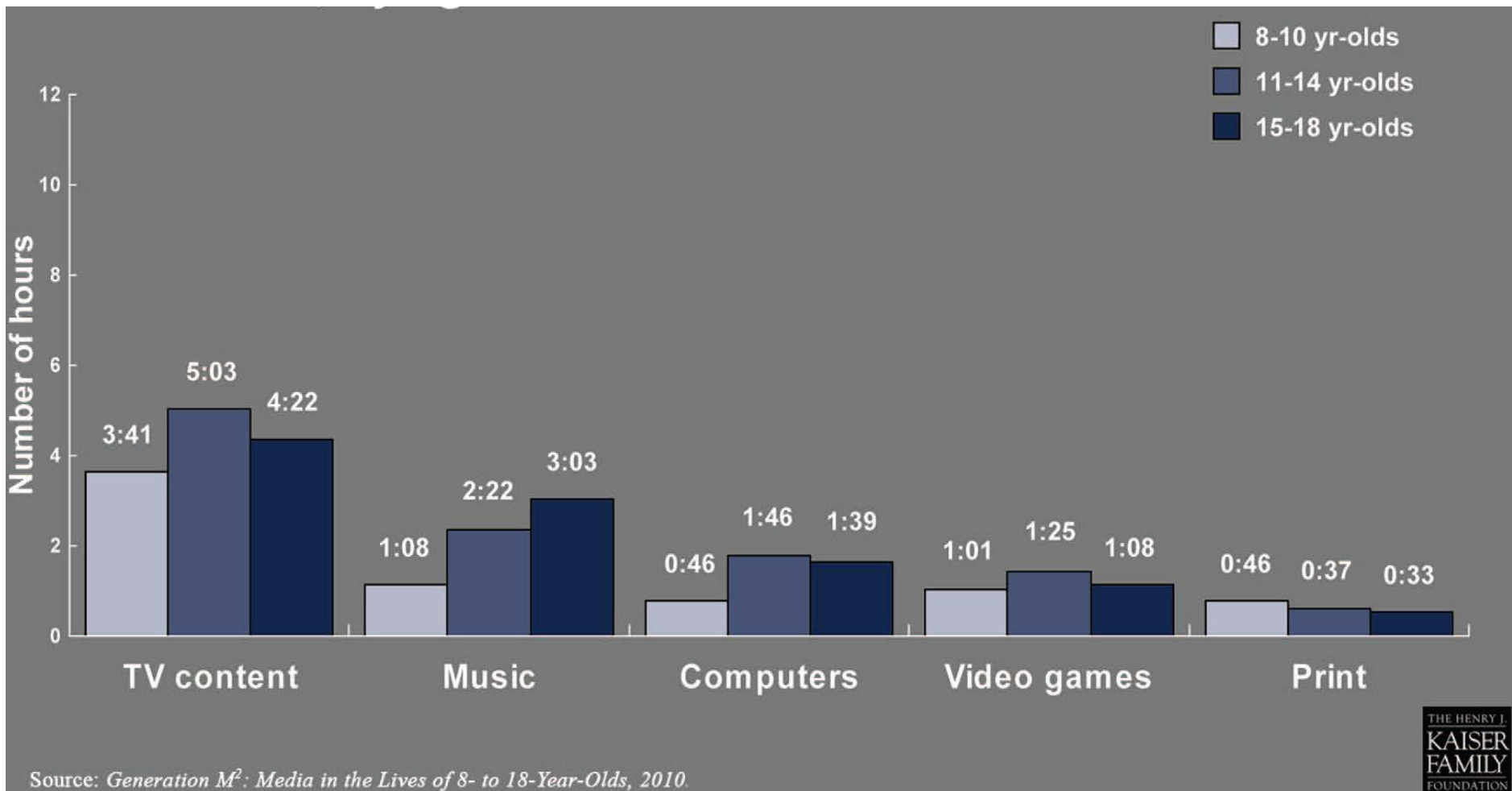
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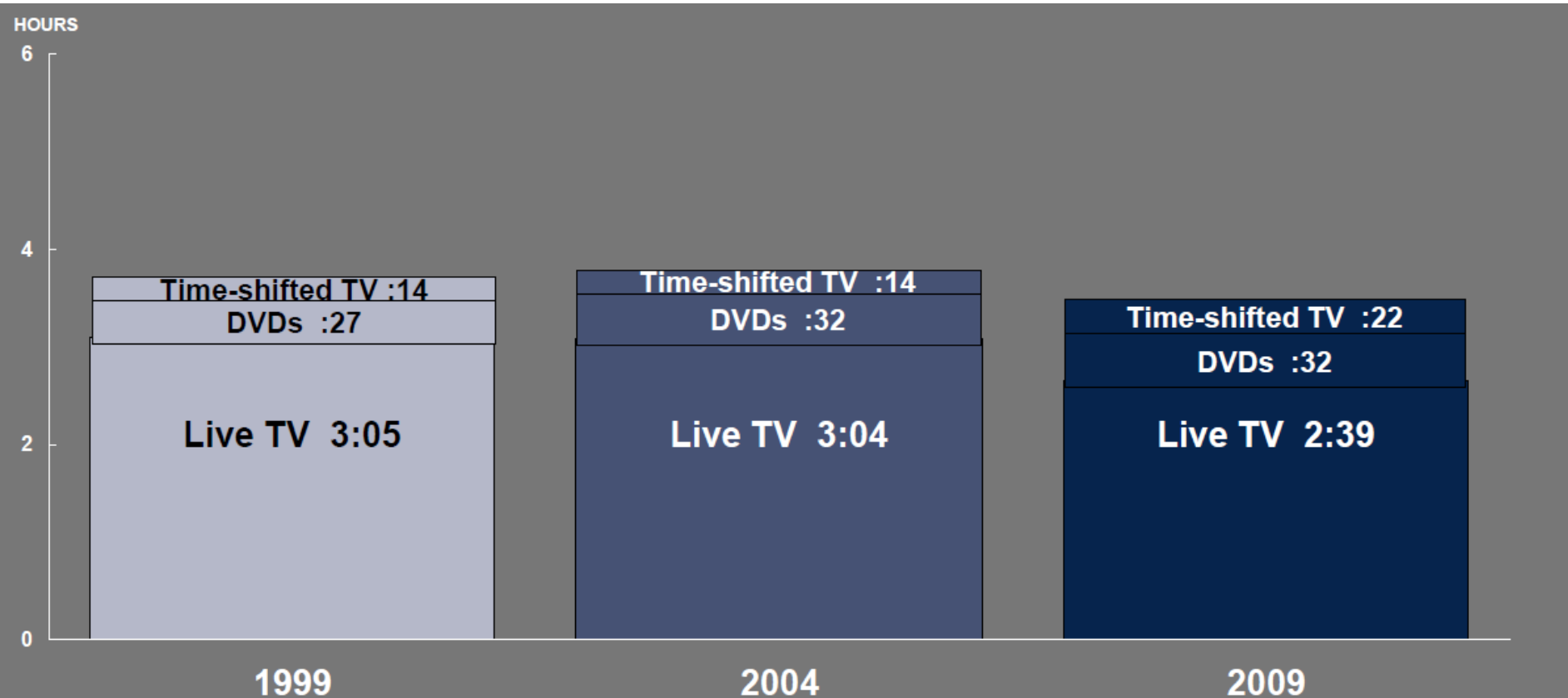


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Time Spent by Medium & Age



TV Viewing Rates



Source: Kaiser Family Foundation, *Generation M²: Media in the Lives of 8- to 18-Year-Olds*, 2010.



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Other Increases

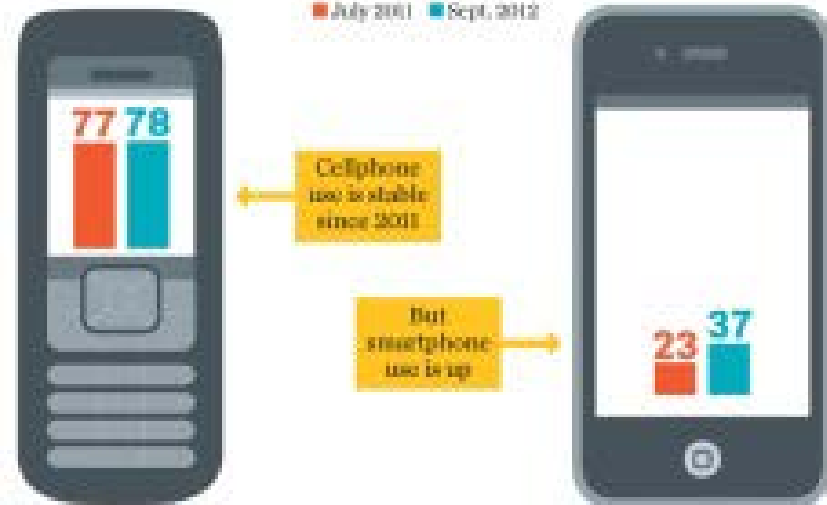
Medium	1999	2004	2009
Computer Use	27 minutes/day	62 minutes/day	89 minutes/day
Home Internet	47%	74%	84%
High Speed Access	n/a	31%	59%
Internet in Bedroom	10%	20%	33%
Video Gaming	26 minutes/day	49 minutes/day	73 minutes/day
Reading Print Media	43 minutes/day	43 minutes/day	38 minutes/day

(Source: Kaiser Family Foundation, Generation M2: Media in the Lives of 8-to-18YearOlds, 2010)

Teen cellphone and smartphone ownership

91% of all teens ages 12-17

■ July 2011 ■ Sept. 2012

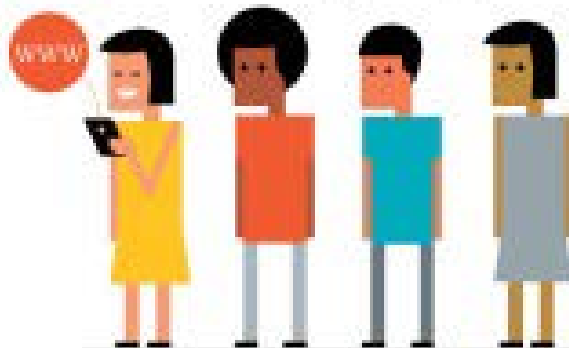


Smart Phone Use & Texting

Ownership of 12 – 17 y.o.

- 78% cell phone
- 37% smartphone
- 25% phone is primary source of internet

Access Internet mostly on cellphone %



For one in four teens, the cellphone is the primary way they access the Internet, far more than the 18% of adults who are cell-mostly Internet users



- 63% text daily
- 60 texts/day

Source: Pew Research Center, Teens and Technology 2013



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Social Media 101... and 201

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Social Media Is...

Social Networking Sites



Gaming Sites & Virtual World



Video Sharing Sites



Also consider **texting** and general time spent “**plugged in**”

Social Media Is...



A Day in the Life of Social Media

<https://www.youtube.com/watch?v=iReY3W9ZkLU>

Social Media

IT'S A DAILY DIGITAL DIET—
WE LOVE OUR SOCIAL AND DIGITAL MEDIA!



EVERY DAY, WE:

Text

68%

Visit social
networking sites

51%

Send or
receive tweets

11%

75%

OF US HAVE A
PROFILE ON A SOCIAL
NETWORKING SITE.
OUR MAIN SITE IS:

68%



6%



1%



23%

OF US USE AT LEAST
TWO DIFFERENT
TYPES OF SOCIAL
MEDIA EVERYDAY

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue square background.

- 94% of teens
(Pew Research Center's Internet & American Teen-Parent Survey, 2012)
- 13 and older only
- Set profile to "private"
 - Only 25% of FB users do this
(Consumer Reports, 2012)
- Can change audience of a post AFTER it's posted
- If you share to another user's wall, they control who sees it
- Tagging
- Geotagging

The Twitter logo, featuring the word "twitter" in a stylized, rounded blue font with a white outline.

- 24% of teens
(Pew Research Center's Internet & American Teen-Parent Survey, 2012)
- Does not ask age
- Default setting: public
- Does not screen content
- Will not remove potentially offensive material unless directly violates terms of service
- Once a tweet is public, it's always public



- Must be **17 years old**
- 6 second videos
- Profiles are public with no private setting option
- Cannot block who follows you
- Can link to Facebook, Twitter
 - Can't limit sharing once on FB/Twitter
- Porn is readily found



- **13 years old or older**
- Default setting is public
- Don't allow geo-tagging
- Contains school, personal information usually
- Can be set to autofeeds to Facebook or other sites

Snapchat



- 13 years old or older (SnapKidz)
- Send text, photo, video that “self destructs”
- One to one sharing
- Warning if recipient tries to capture image
- BUT once captured, can be shared freely and widely
- Images NOT reviewed or monitored by site

MySpace



- 18 years old
- Once most popular SM site
- Very music oriented
- Videos, user-generated content
- MyRadio; GIF creator tool
- Justin Timberlake

Kik Messenger



- Rated for 17+ year older by iTunes
- Unlimited texting for free
- Offers anonymity to users
- Must know username to start a chat
- BUT... linked to instagram with "Kik me @"
- Private messages are hard to monitor
- Can add videos and pictures



- 13+ years old
- Can “follow” others
- Users post questions
- Option for anonymity; no monitoring of posts
- No option for increased privacy settings
- Can tag people in questions, answers
- Blocked users can see access profile and view your interactions
- Linked to a bullying suicide case (Florida)

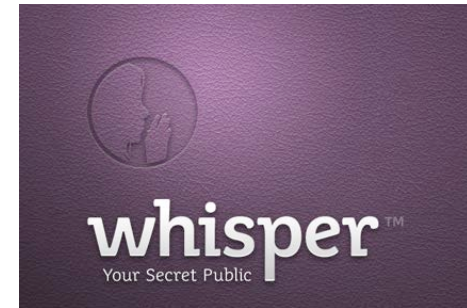
- **Tinder**

- 13 years old
- Visual way to meet people
- Rate with **green heart** or red **X**
- “one night stand” app



- **Whisper**

- 17 years old
- Post photos, share secrets anonymously
- Geo-tagging location
- Requires pin to look at history
- Cyberbullying and predators



- **Shots / Shots of Me**

- 17 years old
- Selfies
- No comment feature
- Does allow DM to other users





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Implications for Health, Behavior, and Academics



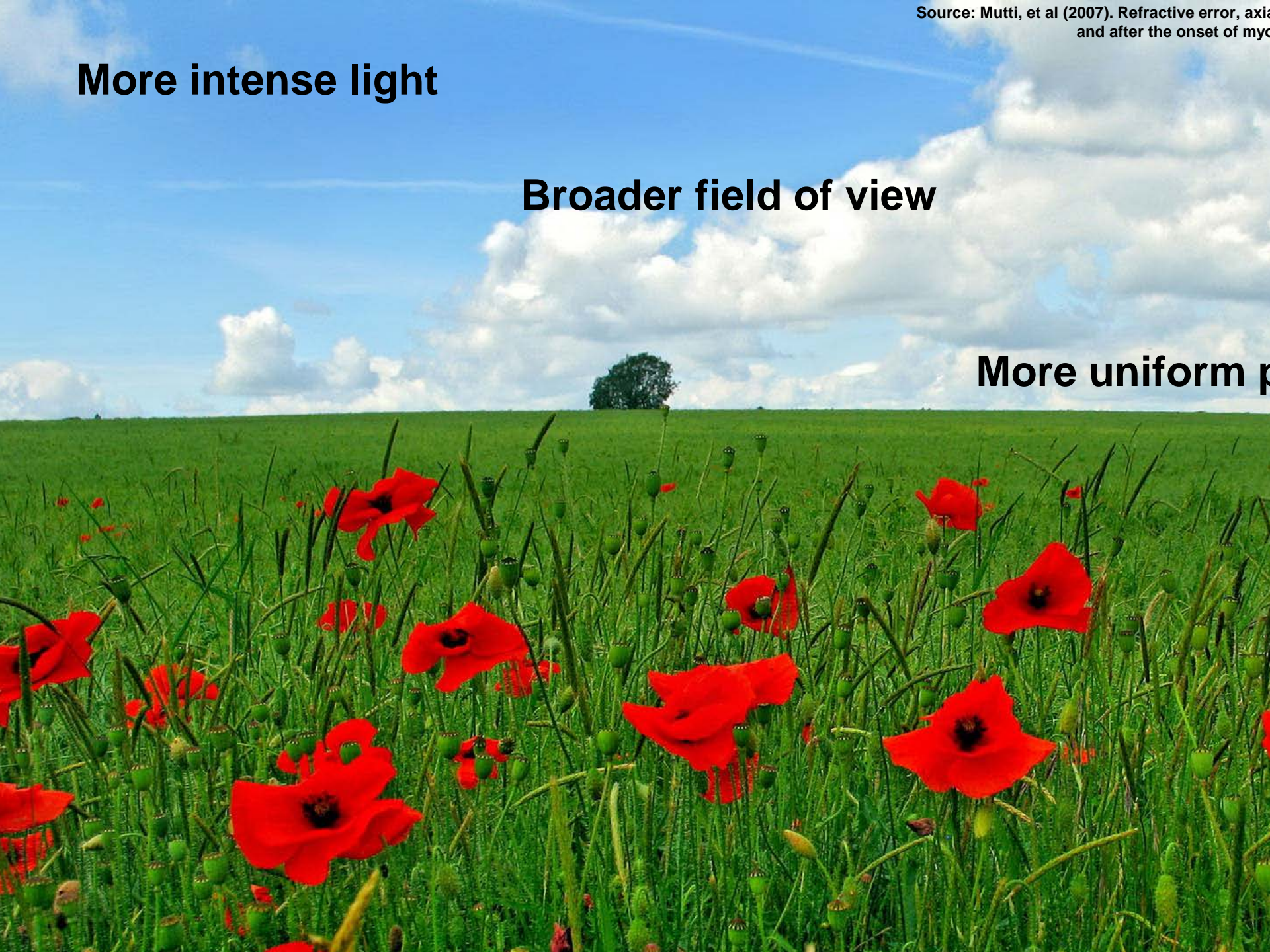
Connectedness

- Socializing or “hanging out” with their friends
- Day-to-day news
- Collaborating on school work
- Validation or emotional support
- Self-expression and the identity exploration and formation
- “Informal learning” including learning social norms and social literacy
- Acquiring technical skills of the digital age
- Discovering and exploring interests
- Learning about the world
- Civic engagement

More intense light

Broader field of view

More uniform p



Television

- **70% of children have TV in room**
 - 35% of children < 2 years old
- Children indoor, sedentary
 - Obesity risk increases 31%
- Fast-paced, rapid-cycling visual, auditory stimulation (linked to ADHD)
- Replaces tasks requiring more attention
- Unsupervised as to amount and content



Television

Study 1

> 1 hour / day more likely to commit aggressive and violent acts as an adult

- <1 hour: 5.7%
- 1 – 3 hours: 22.5%
- 3+ hours: 28.8%

Study 2

Watching violent TV/games desensitizes teens; blunts emotional responses to aggression; potentially promotes aggression

- MRI of brain function while watching video clips
- Over time, activation in regions concerned with emotional reactivity decreased
- Most real-life exposure had greatest desensitization

Source: Comstock, G. (2002). The Role of Television in American Life ; Strenzoik, M. et al (2010). Fronto-parietal regulation of media violence exposure in adolescents: a multi-method study.

Texting

- **63% text daily**
- Average of **60 texts/day**
- Almost **HALF** regretted a text they sent

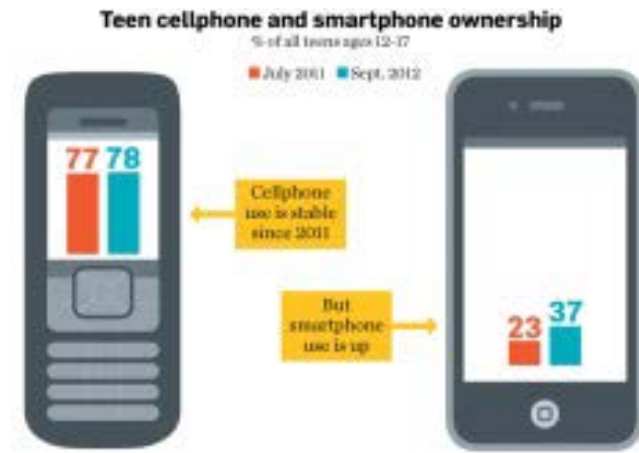
Hypertexting: >120 texts/school day

- 20% students reported

Hypernetworking: >3 hours/school day

- 11.5% students reported

Both ‘strongly associated’ with range of poor health outcomes: substance abuse, sexual activity, absenteeism, fighting



Gaming

Anxiety, sensation seeking, neuroticism, and aggression appear to be related to the development of gaming addiction.

Mehroof, M et al. (2010). Online gaming addiction: The role of sensation seeking, self-control, neuroticism, aggression, state anxiety, and trait anxiety. *Cyberpsychology, Behavior, and Social Networking*, 13, 313-316.

Regions of the brain associated with cravings in substance abuse also appear to be activated in gaming addicts when they view images of video games.

Ko, C. et al. (2009). Brain activities associated with gaming urge of online gaming addiction. *Journal of Psychiatric Research*, 43, 739-747.

In a volunteer sample, 41% of online gamers acknowledged that they use gaming as an escape. In the same sample, 7% were viewed as "dependent". These gamers possessed several behavioral attributes that are related to more well established forms of addiction (e.g., mood modification, tolerance, & relapse).

Hussain et al. (2009). Excessive use of massively multi-player online role-playing games: A pilot study. *International Journal of Mental Health and Addiction*, 7, 563-571.

Gaming

- 99% of boys and 94% of girls

5 DIMENSIONS OF EFFECTS

- Amount
- **Content**
- **Context**
- Structure
- Mechanics



Source: Gentile, D. A. et al (2009) The Effects of Prosocial video Games on Prosocial Behaviors: International Evidence form Correlations, Longitudinal, and Experimental Studies. <http://psp.sagepub.com/cgi/content/abstract/35/6/752>

Gaming: Safe Risk Taking

- The Brake – PFC (with some hippocampal help)

Frontal lobes:

Abstract thought, reasoning, judgment, planning, impulse and affect regulation, consequences

Parietal Lobe:

Integration of sensory data and movement

Temporal lobe (outside):

Processing sound and language

Occipital Lobe:

Visual processing

Limbic System (inside):

Emotions and impulsivity

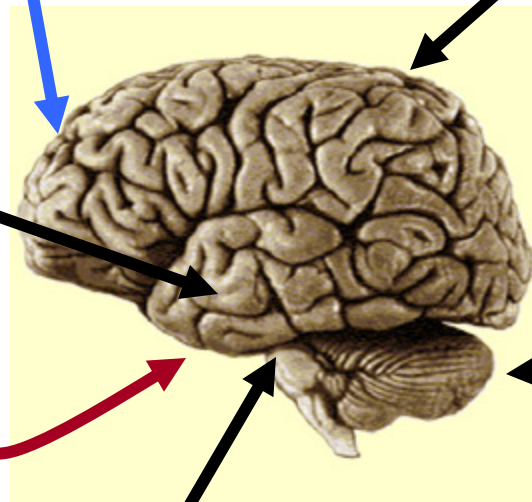
**+ The Gas Pedal +
Amygdala**

Cerebellum:

Smooth movements
Coordination

Brain Stem & Cranial Nerves:

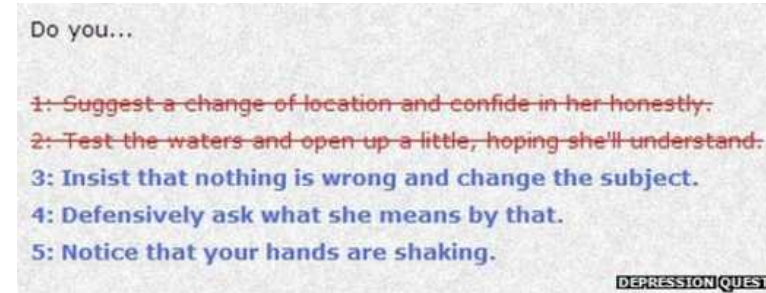
Vital functions; Swallowing



Gaming to Address Depression

Depression Quest

- realistic depiction of depression (not treatment)
- Gives users options
- 700K users and expanding



Sparx

- 3D fantasy game from New Zealand
- British Medical Journal; APA
- Reduces symptoms of depression and anxiety



Source: Reyna, V. (2008) Current Theories of Risk and Rational Decision Making. Available at <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2352159/> Source: Tymula, A., et al (2012) Adolescents' risk-taking behavior is drive by tolerance to ambiguity. Available at: www.pnas.org/lookup/suppl/doi:10.1073/pnas.1207144109/-/DCSupplemental. Source: <http://www.bbc.co.uk/newsbeat/25671185>

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Prosocial Video Games

Games where characters:

- Help and support each other
- Nonviolent

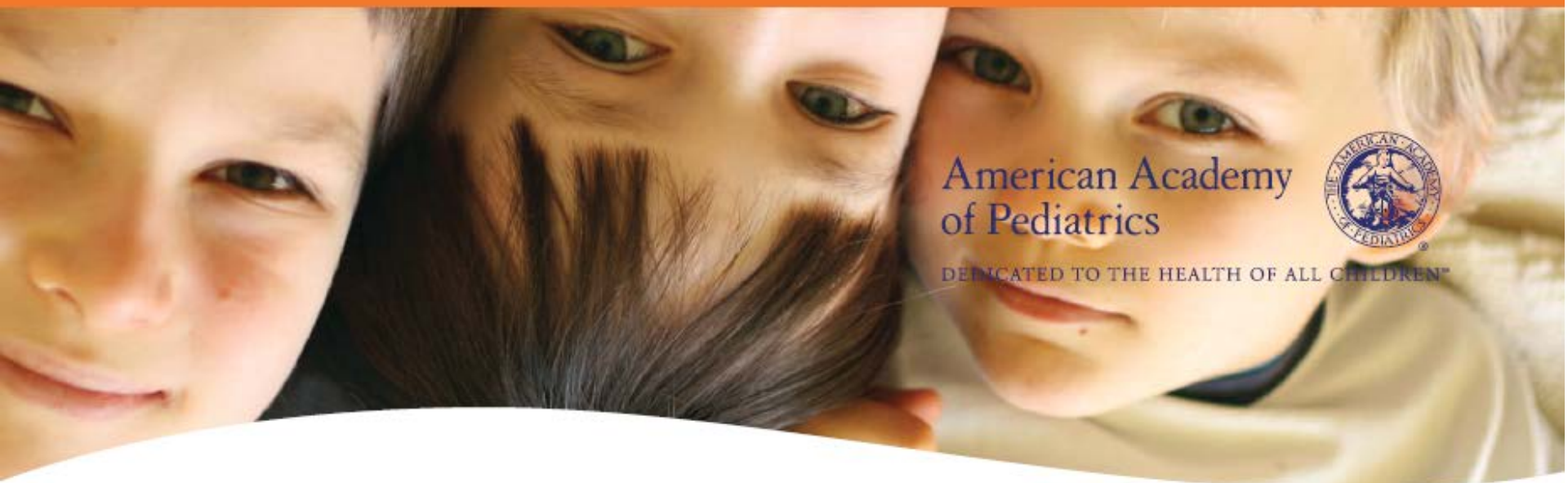


Increase in prosocial behaviors:

- helping behaviors
- empathy
- cooperation/sharing
- emotional awareness

As little as 20 minutes exposure (playing)

Measureable 3 – 4 months later



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Special Areas of Concern

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Cyberbullying



- 19% bullied in the past year
- 88% witnessed others be mean or cruel on social network sites
- 2/3 who witnessed online cruelty also witnessed others joining in
 - 21% joined in the harassment

Source: <http://pewinternet.org/Reports/2011/Teens-and-social-media/Summary/Majority-of-teens.aspx>

Cyberbullying



- Iowa law requires policy + reporting

Bullying: “Any electronic, written, verbal, or physical act or conduct toward a student which is based on any actual or perceived trait or characteristic of the student and which creates an objectively hostile school environment that meets one or more...conditions...

- Cyberbullying: There must be a **close connection** to school for school officials to be able to address it; determination is case specific.

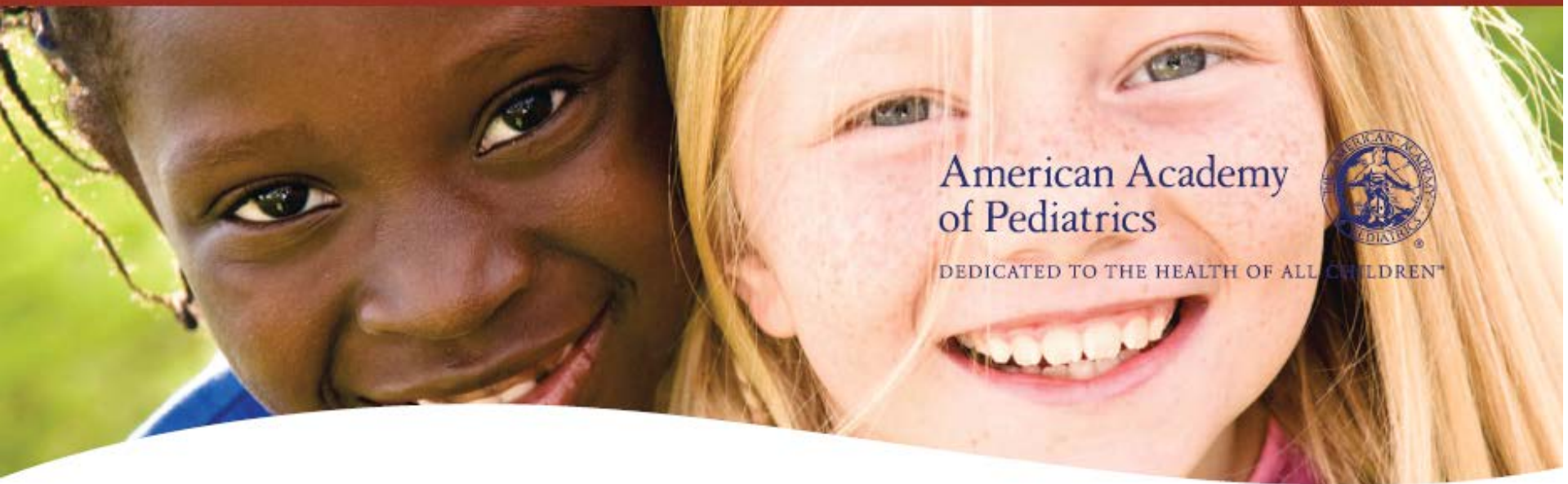
The Problem of Sexting

WHAT: Sending a text message with pictures of children or teens that are inappropriate, naked or engaged in sex acts.

WHO: About **20%** of teen boys and girls have sent such messages.

IOWA LAW: Class C or D felony offense as child pornography
2014 Iowa Senate panel legislation gives prosecutors discretion to charge sexting 14 - 18 y.o. with a simple misdemeanor

BUT ALSO: long term implications for well being of sender and recipients



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Resources

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AAP Policies and Reports

- Encourages following minimum age guidelines
- ZERO exposure under 2 y.o.
- Total entertainment time: <1 – 2 hours per day
- Teach responsible use at home and in schools

Resources

- **AAP Social Media Report and Resources**
 - <http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Social-Media-and-Kids-Some-Benefits,-Some-Worries.aspx>
- **CDC Social Media Toolkit**
 - Idea for using social media for health promotion activities
 - <http://www.cdc.gov/socialmedia/tools/guidelines/socialmediatoolkit.html>

Resources

- **Cyberbullying Resources**

- <http://www.stopbullying.gov/laws/iowa.html> CDC Social Media Toolkit

- **Common Sense Media**

Snapchat
iPhone, iPod Touch, iPad, Android | Price: Free | Category: Photo & Video

Common Sense Media says
Capture and send fleeting moments in photos, but use wisely.

AGE 2 4 6 8 10 12 13 16 17

QUALITY ★★☆☆☆ **LEARNING** ?

Parents say
See 3 reviews | Review this title!
AGE 14 **QUALITY** ★★☆☆☆

Kids say
Not yet rated
Review this title!

What parents need to know | Learning potential | User reviews | App details

What parents need to know
Parents need to know that *Snapchat* is a popular messaging app that allows teens to exchange user-generated photos, which can't be saved within the app and are viewable for one to ten seconds before disappearing from the recipient's device. *Snapchat's* creators intended the fleeting images to be a way for teens to share fun and light moments without the risk of having them go public. The app notifies the sender if the recipient takes a screen shot of the image.

Screenshots

common sense media
We rate, educate, and advocate for kids, families, and schools

Reviews | Top Picks | Best Apps & Games | Videos | Blogs | Educators | Advocacy | About Us

What's New

Explore by age and media
Ages 2 - 17

- movies
- games
- tv
- books
- apps
- websites
- music

The New Online Trend That's Making Kids Happy
Nice things are happening across the world of games, websites, music, and more. Find out how you and your kids can jump on the happy trend and help spread the love.

Connect with us
Facebook | Twitter | YouTube | Pinterest

Get top media picks for your kid's

Resources: iHAWC Social Media

Iowa's Health and Wellness Connection for Teens (iHAWC)

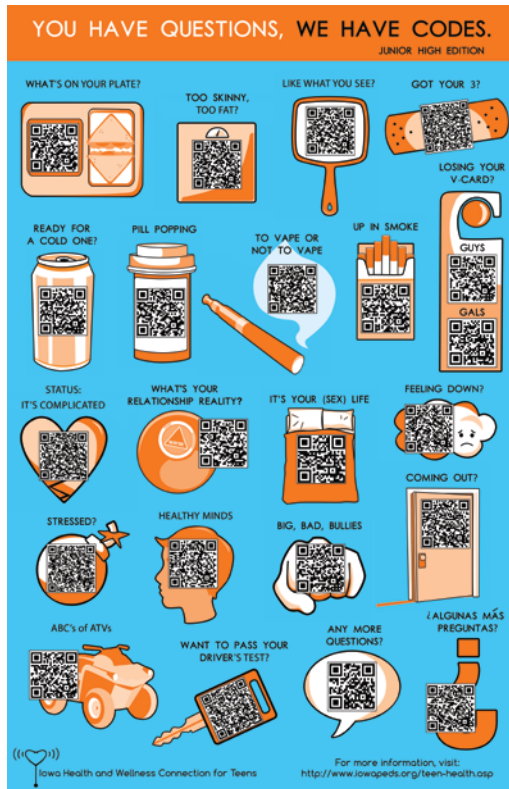
- Facebook
- Twitter
- Instagram
- Pinterest

Health Class Visits
Tweet Chats
Contests



Resources: iHAWC Social Media

QR Code Poster



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NPR-Invisibilia

<https://www.youtube.com/watch?v=AhcIn7ouov4>



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Thank you!

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a former student, a parent, or a
Hawkeye fan, we welcome you
to become a UIAA member
today!

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